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We are devoted to a triple bottom line philosophy - concerned about our environmental and social, as well as financial, well-being.

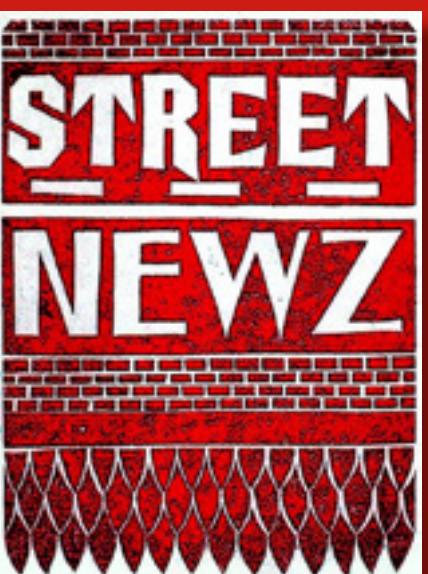
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just another rant

janinebandcroft.blogspot.com

Doesn't this, on some level, challenge the incentive to work towards a better solution? Most street people I know appreciate shelters, in extreme weather, but they would ultimately prefer their own room. Not a mansion, just a room. Richard Leblanc, and Woodwynn Farms, is offering space for those who want to live independently, in a community. Sure, it's just a tent on a wooden platform, but it's your tent. You won't get kicked out in the morning and have to line up again at night. You won't be sleeping next to anyone, unless you choose to.

My friend Terry was homeless, off and on, for 10 years. As this winter approached, Terry was considering camping at Woodwynn Farms. The idea of tenting through another winter was dispiriting, and thankfully Reverend Al and the Dandelion Society came to the rescue. They found him a small room with a shared kitchen and bathroom. For the first time in many years, Terry's inside this winter.

So, while it's true that some non-profits aren't as motivated by money as private enterprise (since they don't have outside investors breathing down their necks) they are, in some ways, maintaining the status quo rather than working for justice. Their employees are no doubt kind and caring but, whether consciously realizing it or not, they become dependent on maintaining an industry of poverty in order to raise their families and sustain their own lifestyles.

Across Canada there are hundreds of thousands of homeless people, in increasing numbers as the years pass. These people didn't "fall through the cracks," the canyon was built up around them. Now there's a rumour that View Towers residents might get "renovicted." Can you imagine the consequences of that?!?

The City wants to talk about a tax on non-profits who are profitable enough to own their own property, and generate revenue on it. I'd like to know if the street community will be invited to the discussion table. Will we have full access to budget sheets and income statements from charitable organizations who'll be affected? Will these tax dollars be flagged specifically for affordable rental housing so that non-addicted and childless low income folk like me can have some decent options? Perhaps they'll finally consider supporting a Dignity Village style solution where homeless people can live independent of any charitable or government support?

Ask some street associated people how they feel about charities sometime. You'll no doubt get some mixed opinions, and learn something you didn't previously know. As they say on the streets ... "Nothing about us without us" ... and this is a discussion we need to have.

¹ BC Registry Services - tinyurl.com/aqre5zp

² Canada Revenue Agency - tinyurl.com/2dtr34r

³ It's difficult to substantiate this rumour, though a contact at TAPS affirmed it. And Marni from Rob Fleming's office responded with this:

The province pays for Extreme Weather Response Program through BC Housing (www.bchousing.org/Partners/Operating/EWR). BC Housing's Extreme Weather Response Policy contains information required for developing a community plan, funding eligibility, allowable expenses, and requirements to submit statistics and expense claims (tinyurl.com/b7xauu5). The exact funding per bed is not available publicly.

Janine has been an activist for social justice for over 20 years. She's grateful to all the individuals and organizations who support this independent media project.

On the first Saturday of each month, some of my neighbours get together at a local coffee shop. It's a casual, friendly way for us to get to know each other a bit

better, and talk about whatever's going on in our little community. Since being elected, Councillor Shellie Gudgeon has sometimes joined us.

Last month Shellie asked us to comment on the recent chatter at City Hall about implementing a new tax for non-profits. This is not a tax on *all* non-profits, it's a tax on land owning charities who are generating revenue. And it wouldn't be implemented for another ten years, giving them time to prepare. This sparked one of my favourite discussions - what does it mean to be "non-profit?"

According to the Societies Act of BC:
*A society is a not-for-profit organization. Any funds or profits must be used only for purposes of the society itself. Funds or profits cannot be distributed to a member of a society without the member giving appropriate compensation to the society first.*¹

There is no limit on the amount of funds a society can procure, but all the money they raise has to be used within the organization. In this they differ from private enterprises, which are capitalist ventures beholden to their investors. For-profits are often focused solely on turning a profit, so that there's a return on investment that will satisfy everyone who's invested in them either directly or through mutual funds. We could write a book (and some have, I recommend Naomi Klein's *Disaster Capitalism*) about how the profit motive has really made a mess of our world, and talk about some of the whacky things people do, that I doubt they would otherwise do, simply because there's money to be made.

Some non-profits, like the Bread and Roses Collective that oversees this newspaper, are small and concerned with more than money. We have no investors pressuring us, so we can focus on a triple bottom line - with concern for environment and social justice, in addition to remaining solvent. Our annual budget is about \$20,000. We have one underpaid staff person (me) and no overhead. We don't run a deficit because I put money from my inheritance (thanks Dad!) back into the project almost every month. It's truly a labour of love, though decidedly not the best business model.

You may wonder where non-profits typically get their money, if not from outside investors. We apply for grants, ask for individual donations, hold fundraisers and, in some cases, generate revenue through a capitalist enterprise (ie, a thrift store or a parking lot).

There are two tiers of non-profit societies, and two tiers of funding available to us. Most provincial non-profit societies are also registered as charities with the federal government, giving them access to many sources of grant money. Registered charities can also issue tax receipts in return for donations. You can give a tax deductible donation to the United Way, or the Victoria Foundation, and they will distribute some of that money (after they pay their own expenses) to other registered charities who apply for it through a grant competition.

Small non-profits like us, without charitable status, don't have access to any of the money raised by registered charities. For folks like us, there aren't many options. So why don't we register as a charity, you might ask.

Well, we did. In 2005. It was a huge process, tons of paperwork, and at the end of it I received a 6 page letter from a Charities Officer explaining all the reasons why we're ineligible. My favourite part was that we don't qualify in the 'advancement of education' category:

Education in the charitable sense means training the mind, advancing the knowledge or abilities of the recipient, raising the artistic taste of the community, or improving a useful branch of human knowledge through research.

I could have appealed, emphasizing that the *Street Newz* publishes otherwise unheard voices from poor and homeless people (is there a better way to get educated about poverty, aside from living it?) but I couldn't be bothered. It would be very helpful to be eligible for some of the big buck grant money that's out there, or to be able to write tax receipts for people who want to support us directly, but ultimately it wouldn't be worth it.

Why wouldn't it be worth it? Because once a society has charitable status, they are essentially unable to work as advocates. Charities can help the poor all they want, but they can't advocate for systemic change to eliminate poverty altogether:

*An organization established for a political purpose cannot be a charity. The courts have determined political purposes to be those that seek to ... retain, oppose, or change the law, policy, or decision of any level of government in Canada or a foreign country.*²

Aside from the nightmare of trying to explain to our writers why they can't express their ideas for changes to laws and/or policies that would make enormous difference in their lives, if a news publication isn't allowed to point out the flaws the system and offer solutions, what's the point.

Some charitable non-profits are as big as corporations, with many paid staff in offices in buildings they own. All the money they raise is reinvested, as it must be, into their own projects and salaries. Many well-intentioned people have decent jobs, helping others less fortunate. And that's good, right?

Charities do essential work. They meet the emergency of homelessness with food banks, meals, addiction services, shelters, housing, health care, and much more. The increasing need for these services, though, as more and more people become poor and/or homeless while the wealthy elite enjoy bailouts, tax breaks, and returns on their investments, begs the question ... what is the role of government? Why do we pay taxes, if not to collect from those who can afford it, to help those who need it, so we can all live in a healthy community where everyone has enough and charity isn't required?

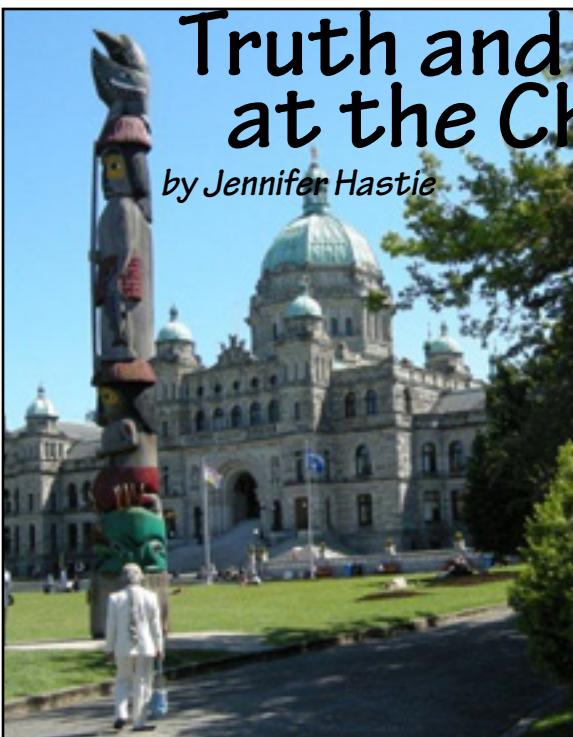
If you don't understand the systemic causes of poverty and homelessness, and the industry it perpetuates, you'll probably think news of another 1.3 million dollars transferred to charities to create 1200 additional shelter spaces through the winter means it's all being taken care of.

Well no, actually, it's all being perpetuated. Shelter spaces are important, yes, but they're not a solution. Good, well-intentioned people are paid to create and oversee mats on floors, but until we start shifting the flow of cash directly to those who need it in the form of affordable housing options, those good, well-intentioned people will remain a paycheque away from sleeping on those mats themselves.

Word on the street is that the provincial money is calculated based on the number of bodies occupying mats on the shelter floors.³

Truth and Reconciliation Re-visited at the Church of Truth in Victoria

by Jennifer Hastie



The Church of Truth, located at the corner of Superior and Dallas Roads, has great respect for First Nations peoples. We use their truths and knowledge whenever possible in our meetings.

Last winter, when the Truth and Reconciliation Committee meetings (the trc) were here in Victoria, approximately a dozen members attended the conference. We wished to learn more about the atrocities that were committed during the Residential School era, 1870 – 1990s.

Most of us were badly shaken by what we heard.

Consequently, we felt the need to get together to share our reactions, in other words, to “de-brief.”

Therefore, a church member took it upon herself to organize a series of meetings during “Oneness Wednesdays” at the church. These meetings are open to all members of the church as well as to the public at large – we always hope, of course, for donations, but that is optional for people attending.

We invited a spokesperson from the Esquimalt or Songhees Nation to open the talks for us; unfortunately, no one responded to our invitation. We also put invitations out at Camosun College to encourage native people to come. From the small numbers of natives who came both as speakers and as members of the talking circle, we gained much valuable knowledge.

My thinking, regarding the lack of response from the two Lkungen tribes simply reflects the huge communication gap that exists here in Victoria between the First Nations peoples and the non-native community. In Port Alberni, where I spent most of my life and where the Native population is 20% of the general population, there is much interaction between Native and non-natives. Natives sit on City Council and Regional District Committees and have done so for years. Many, many native kids attend the schools, as well, and there are “native cultural workers” within all schools. There are two urban reserves.

Frank Smoke, from one of the Plains Indian groups, opened the first night’s session. He provided smoking sage to cleanse those participating in the talking circle. One of our Street Newz vendors, Bernie, came. He joined in on the talking circle, softly banging his drum as others spoke. Bernie provided a gentle, healing atmosphere within the talking circle.



Some of our church members also had this same guilt reaction. Intellectually, we know that we could not have “done anything” if someone chose not to talk about such atrocities; however, that doesn’t prevent us from still feeling so sad about it all.

What are we going to do with all the information that we have gained from being at the trc happening as well as at our Church’s healing circles? Surely, we cannot just forget about such things. That is how history gets repeated.

First Nations peoples at the trc happening expressed a strong wish for us to do the following: Publicize this information. Demand that the school districts start teaching native history.

Is not First Nations history more relevant to us today than learning about Henry V or William the Conqueror? As Shelagh Rogers says, in the book, *Speaking My Truth*, published by the Aboriginal Healing Foundation, “the longest journey is from the head to the heart.”

And what are you, reader, going to do about all of this information?

Jennifer Hastie is a non-native writer, living in Victoria, who enjoys reporting on First Nations issues.

Cover photo by Pete Rockwell (www.treelinephoto.ca) and photo above, by Janine Bandcroft (janinebandcroft.ca), from the October 22nd “Save The Coasts” rally in Victoria. Top photo from Jennifer Hastie.



Time is Running Out to Protect BC's Sacred Headwaters

by Don Startin

This month’s title is the message on a very striking full page ad on the back of *Monday Magazine* for 8-14 November. Sadly, when I tried to follow up on the ad to make enquiries and offer my support my call was not answered by deadline.

This really is a shame, because time really is running out. A letter to our “Lieberal” premier about the mine was answered by the A/ Regional Executive Director, Skeena Region of the Ministry of Forests, Lands, and Natural resource Operations Skeena Region claiming that during the mine’s environmental review local residents and First Nations were consulted extensively and at length. If this is so, the review board couldn’t have been listening because I haven’t heard of a single First Nation person or resident who wants the mine. However, I haven’t been able to challenge him on this because I can’t get anybody on the ground to comment on the letter or fill us in on what plans the Tahltan have to stymie the mine. All I know is that they met on Friday 30 November to come up with something.

In the meantime I would respectfully call on all the folks in Klabona, and their organizations, to keep their supporters in BC and beyond up to date on the situation. I will keep working on the file and report in February.

It would be wonderful if they could make available some campaign buttons and 2 1/2 x 5 bookmarks. The buttons might say **SAVE THE SACRED HEADWATERS**, with a picture, while the bookmarks could have a picture on one side, and a message on the other giving some salient issues and a contact website so recipients can get involved.

ALLONS MES BRAVES !

United we are going to save our precious gem The Sacred Headwaters of the World.

Don Startin is an activist and gardener, an ex-military man now living a life of simplicity with his wife in Victoria, B.C.

Photo below from The Skeena Watershed Conservation Coalition, formed in 2004 - watershed. skeenawatershed.com

View Towers Residents Speak Out About False Advertising

by Kym Hothead

And that is just a start, a tip of the iceberg. A recent *Times Colonist* Ad suggests that View Towers has a sauna and a whirlpool. The ad November 27th reads:

**1147 Quadra St. Downtown
hi-rise, great views. U/G prkg,
sauna & whirlpool. Free ht & hw.
Rent starting at \$80. No pets.
250-383-2269**

Many residents stated that they do not have a working sauna or whirlpool for 6 years.

Stephen, who has lived there for 17 years, stated that he had "not been able to use it for approximately 11 years due to the fact it was under repair a lot back then." He loves his home and he and his wife plan to buy their suite if the building turns condo. There were five residents that first met with me; between them they have lived here for over 30 years.

They love their homes and do not appreciate the stigma the police and general society place upon View Towers residents. Point in fact: the police show up at View Towers right after the Royal Bank got robbed, I am not sure what they wanted to do exactly but, gladly the staff, I heard, asked them to leave.

Today, one resident stated "[View Towers management and owners] are insulting our intelligence by giving us one lie after another time and time again, we do not like to be dicked around with anymore." They felt it was important to ask management with a witness and camera why they are false advertising? Why has the roof not been insulated for 6 years? The tenants' concerns were raised to the manager Anne about how this fact of no insulation on the roof affects the new heating system.

Before today, many of them spoke quite passionately about how they did not appreciate the tone of a letter informing tenants that their 20-year plus manager was no longer employed and escorted to the door upon his return to work after a vacation. Many will share stories of how Peter got folks into detox and saved their lives. He was not perfect and, as all of us humans, get into conflicts. TAPS will tell you he was fair in tenancy disputes.

So, yesterday I went down to the office with five residents, unfortunately the new manager was not in. We went again today. I was asked to bring a camera. The footage will be up on thawVictoria youtube channel (www.youtube.com/user/thawvictoria) over the next few days.

The current manager told me to leave rather abruptly. She told me to "shut up" and was aggressively interrupting the first resident who spoke. While I was informing a resident of his right to keep speaking, we were threatened with a 911 call. We repeated "the camera was NOT on the staff, it was on us residents, as we wanted this to go on youtube and send it to the owner and public." I was asked by residents to turn off the camera after the police threat.

The manager tried to deflect by bringing up other issues with one of the tenants and suggested she did not know about the roof. She told residents that the sauna and whirlpool "was under repair." The resident reminded her that he actually spoke



to her about the roof himself after she was hired as manager.

When the two residents asked why it's been under repair for six years, she was defensive.

Another concern brought up by the tenants was the heat issue. Six years ago some repairs happened and, the insulated roof was removed and NEVER re insulated! Stephen stated his 19th floor has been colder since the insulation was not replaced. "Shouldn't it be done? Why has it not been done for 6 years?"

Why is View Towers misleading in their ad regarding a sauna and whirlpool that has not worked for 6 years?

In the end, it seems it's best to write it down, make a copy and drop it off. If you do not, you are talking to air. I have learned we need to know our rights. Tenants at View Towers are getting to know their rights and are speaking out, may they share their strength with each other and may their voices be heard. TAPS and ACPD are but two great advocacy organizations that can help regarding tenancy rights.

A reminder to View Towers residents that VIPIRG is working with Community like SOLID, TAPS, and The Committee To End Homelessness regarding helping set up meets with the lawyers and students for their Police Conduct Project. As a note the Our Place Society said "no" to being involved in this aspect of the VIPIRG project.

Not surprised since the Good Neighbor Agreement pushed for the police state and Our Place changed. No families allowed STILL! Thanks to the hard work of community demanding it enough, Our Place will serve meals on weekends again.

Personally I am grateful and saddened.

Taking The Fall rough draft was sent to Tribeca Film Festival for juried selection! We are sending it and the finished trailer to two other festivals over the next week. We are very excited about local screenings that we are lining up now for February! One of my personal dreams is to play at Movie Monday and have peers there from the film. All I have to do is lay down some voice over and get a few tidbits of information, and we are done. A full feature film on the state of

homelessness, and the police state here in the colonial settlement of Victoria in Lkwnungen territory.

Kym Hothead is a visitor on Lkwnungen Territory, from Winnipeg Red River Cree Territory.



Housing First!

by Jade

I am a person who is on a long term disability allowance, and has experienced being at risk for or completely homeless for years now. What finally granted me stability and peace of mind, to keep me housed, is a "floating subsidy" by the VIHA ACT Team.

A floating subsidy is a chunk of money that pays part of my rent (up to \$250), while I need to pay a minimum of \$500, and the best part is, I can live anywhere in the Victoria area and outerlying regions!

This is by far the most effective solution to homelessness, I think, as a person is not stuck surrounded by an environment of addicts or troublemakers while the person attempts to stay straight and clean, such as the buildings and rooming houses VIHA and BC Housing set up, lumping everyone together. There is freedom to pick and choose, and who wouldn't like that?? As well it leads to more of a normalizing of life, as the person recovering can integrate more effectively into the greater community.

I live in a whole bottom half of a house, and am so relieved and happy I can handle my rent payments quite easily, and that I was able to choose a location near my necessary travels. This stability has lead me to success in consistent work, better relationships with people, a feeling of accomplishment, SAFETY, a VERY IMPORTANT FACTOR, and an overall better quality of life. Two things these programs can do to ensure better outcomes:

- 1) When transitioning addicts off the streets and into housing, make it mandatory to go into some sort of treatment or detox center for at least a month beforehand, otherwise they bring the problems to the place they are living and just get evicted.
- 2) There are various groups who put out floating subsidies, they are all different amounts of money, so, get all these organizations to work together and create ONE SINGLE AMOUNT to help everyone, because truly we are all in the same boat. If I'm not homeless but worried about losing my home, then I'm pretty much in the same predicament! Though in the end, and everyone who criticizes the system needs to realize, all the opportunities and help in the world can be put out but it's up to the individual to take it and make it work for him/her.

Committee to End Homelessness

We are activists who have been meeting since 2006.

We bring together homeless, formerly homeless, and housed allies to find solutions and press for change.

We challenge the actions of our politicians, bureaucrats, service providers and the police.

We listen to the concerns voiced by people living on the streets and others who experience homelessness in Victoria, and we promise to take action by bringing their concerns to the attention of those who can act and make a positive difference in their lives.

Everyone is welcome! Always good snacks!

We meet every Wednesday at 7:30 pm at Silver Threads: 1728 Douglas Street, except for the second Wednesday of the month when we meet at 1:30 pm in the Chapel on the second floor of Our Place at 919 Pandora Street.

Starting in January a new sub-committee - the Experiential Group - will be meeting at Our Place.

For more information visit: committeetoeendhomelessnessvictoria.wordpress.com

Christmas at the Company Store

by Mark Idczak

The small city is ablaze with lights as the heavy snow coats the sidewalks and neighbourhoods. There is an optimism and merriment and harmony in the air downtown to warm the people's hearts in the frigid frosty air. The choirs of the churches are singing the heartfelt carols with harmonious praise as some of the intoxicated customers at the Hotel wander home in a hazy daze.

But the main centre of activity is the large company department store. Some of the shoppers have commuted many miles to obtain that certain cherished gift. The store Santa has been working long hours for the love of the children, and also the Christmas booty. The children give him their lists and as the revolving door turns, even more people arrive bringing their money and escaping the frosty mists. The burly rotund store manager hastens the hardworking storeworkers' demands keeping them working as precise as clockwork as he shakes the customers' hands.

Welfare Wednesday has brought a multitude of eager recipients for their treasures and simple pleasures. Just before closing a lone old lady hobble in and her ancient renaissance face lights up as she finds her cherished soaps and teas at the Company Store. The last customer has left and the lights are dimmed as the workers can finally get a break from the Company Department Store and enjoy their Christmas forevermore.

Herbal Medicine Producers vs. 'The Medical Mafia'

By Gordon Pollard

As its title suggests, *A Guide to Understanding Herbal Medicines and Surviving the Coming Pharmaceutical Monopoly* provides the reader, in effect, with two books in one: an impassioned attack on the giant pharmaceutical companies and a sophisticated handbook on the properties and uses of more than a hundred medicinal herbs.

In this controversial new book, co-authors Dr. Michael Farley and Ty Bollinger make no bones about why they think the multi-trillion-dollar pharmaceutical industry is so determined to put as many herbal medicine producers out of business as it possibly can. The reason, they say, can be summed up in one word: greed.

"For thousands of years," they note, "civilizations have flourished using herbal remedies to treat common ailments, diseases and injuries. So why then are medicinal herbs not used more commonly and why do we have pharmaceutical impostors stuffed down our throats?"

"The answer is that there is little or no money in medicinal herbs for Big Pharma. These herbs have already been invented, they grow easily, they multiply readily and, for the most part, they are freely available.

"Moreover, correctly prescribed and formulated, herbal compounds generally resolve the health problem of the patient over a period of time, leaving no requirement to keep taking the preparation – meaning no repeat sales or ongoing prescriptions. By contrast, the pharmaceutical companies primarily aim to just relieve symptoms so they can keep reaping big profits through continual consultations and repeat sales."

Farley and Bollinger note Big Pharma has become one of the world's most powerful and effective political lobby groups, especially in Washington, D.C., where it has "bought" the support of practically all key politicians and bureaucrats to create a "Medical Mafia" that ruthlessly crushes anyone who poses a threat to the drug companies' mega-profits.

"The pharmaceutical companies," they point out, "are not really interested in the effects of medicinal herbs as a whole but only in whether they can isolate the therapeutic substance which can then be manufactured cheaply and marketed as a new drug. Cha ching! Follow the money!"

While Farley and Bollinger, both Americans, focus mainly on the struggle between herbal medicine producers and the "Medical Mafia" in the United States, it is important to note this is also a big issue in Canada. Indeed, in recent years Big Pharma – with the support of Health Canada – has been waging an intensive campaign to try to eliminate competition from herbal medicine producers in this country.

This campaign, clearly intended to smash Canada's natural health products industry, will soon reach a climax – on February 4th, 2013 – when the law known as UPLAR (National Health Products Unprocessed Products Licence Applications Regulations) officially comes into effect. This draconian law will basically shut down the natural health care market in Canada by giving Health Canada legal authority to pull all so-called "unlicensed herbs and vitamins" off the shelves.

One of the most vocal critics of this campaign by Big Pharma and Health Canada has been veteran actor and health activist Nick Mancuso, who, in an article in last August's edition of *Common Ground* magazine, lamented that: "Since 2010, over 20,000 herbs, vitamins and food supplements have been removed from shelves in natural health stores across Canada. In some cases, SWAT teams raided the premises of Canadian naturopaths and healers and removed safe

and effective healing products. Some practitioners have even been indicted and face criminal charges."

Mancuso says that, as a proud Canadian, he is "outraged that this is happening here and is being enforced by Health Canada, the very agency mandated to protect the health and well-being of Canadians."

"How," he asks, "can we justify these fascistic actions? Health food stores are closing down and businesses are being destroyed while, for the most part, the Canadian public doesn't have a clue about what is happening. High-quality herbs and vitamins are being replaced by low-dosage, inferior products made by pharmaceutical companies, and Health Canada is going along with it. In fact, it is leading this shameful charge, pushed through by international pharmaceutical interests."

Mancuso points out that many of Big Pharma's drugs are incomparably more dangerous than anything one would ever find on the shelves of a natural health store. Indeed, he cites statistics showing pharmaceutical drugs are responsible for more than 750,000 deaths a year from toxic side effects and are now the leading cause of accidental deaths in Canada, having superseded car accidents.

By contrast, he notes. "there is zero evidence that Vitamin C or any herbal supplement produced with good manufacturing practices has ever caused a fatality. Yet vitamins and supplements are being refused NPN numbers (a license to sell) and removed from stores.... As Big Pharma fairly crows with success, people are becoming weaker and sicker, poisoned by endless tons of toxic pesticides, GMOs and radiation."

In their book, Farley and Bollinger couldn't be more blunt in their description of how the game of "Big Pharma Monopoly" is played.

"Big Pharma," they note, "manufactures toxic drugs (which they call 'medicine') and they send their sales reps out to propagandize doctors into believing that if they push these toxic drugs to their patients, they are then 'practising medicine.' The unwitting patients, believing the 'white coats' know everything there is to know about health, usually follow their doctor's orders.

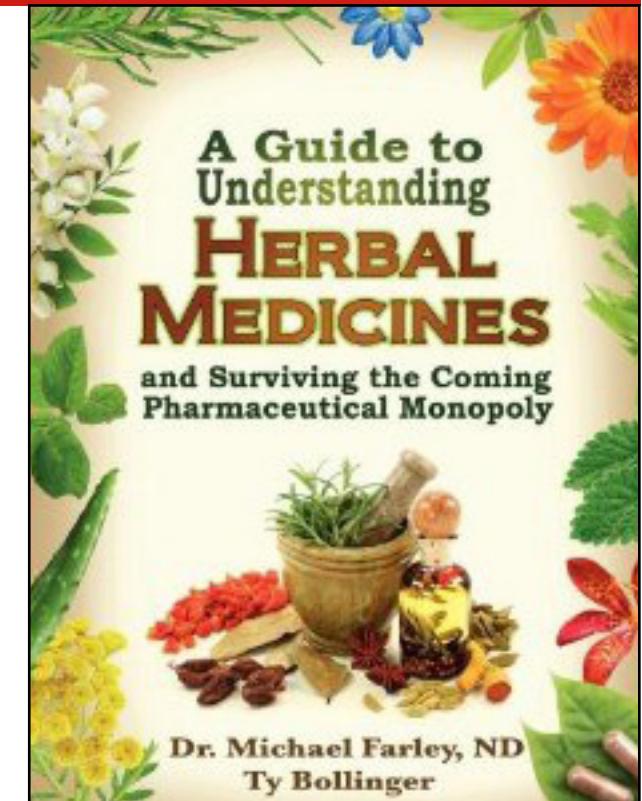
"This begins the cycle of 'pharmaceutical roulette' where the patient pawns get stoned silly with barbiturates, benzodiazepines, amphetamines, opioids, stimulants, painkillers, palliatives and various other symptom suppressors.

"Little known to the pawns in this game, all of the 'medicines' they are taking are actually causing more and more long-term serious conditions, which require more and more, stronger and stronger 'medicines', which cause them to get sicker and sicker ... and the game of 'Big Pharma Monopoly' keeps rolling along."

Farley and Bollinger say the main reason they wrote this book is to help "those who no longer want to play 'Big Pharma Monopoly' and be dependent on Big Pharma's toxic drugs."

"Herbal medicines," they note, "have stood the test of time and many of them grow right in your backyard. Medicinal herbs can supply us with everything we need to cure ailments, treating everything from arthritis to bacterial infections, to diarrhea to depression. Most herbal plants are easy to care for, grow, dry and use. And if you plant your own medicinal herb garden, you will be able to completely break yourself from dependency on Big Pharma."

To help us in this regard, the authors provide an excellent alphabetically-listed guide to 116 herbs, complete with full-color illustrations and sections



for each plant on: habitat and description, parts used, vitamins contained, traditional uses, self-help uses and chemical components.

I was surprised to discover that even some of the most common plants have very valuable medicinal uses. For example, the ubiquitous dandelion can be used to improve the functioning of the pancreas, spleen, stomach and kidneys and also to reduce serum cholesterol and uric acid in the blood. And the humble onion has been used for thousands of years as an excellent diuretic, and it can also be used as an effective expectorant in the treatment of nasal congestion, bronchitis and asthma.

In this guide, Farley and Bollinger also point out, for example, that:

- Blackberries have traditionally been used to treat diarrhea, dysentery, excessive menstrual bleeding and anemia. The berries and juice build blood, reduce fevers and regulate menses.
- Black pepper is one of the best herbal foods for indigestion, gas, weak or slow peristalsis in the digestive tract, bloating and mucous in the colon. It also acts as an expectorant in the lungs, throat and sinuses to treat colds, coughs and other mucous conditions.
- Cinnamon has traditionally been used to stimulate the circulatory system and as an aid for treating colds, diarrhea, cramps and spasms. It also works as an immune system enhancer and anti-inflammatory.
- Eucalyptus has traditionally been used externally as an antiseptic and as a rub for bruised and tired muscles. It is also used in preparations for inhalation for chest colds, asthma and bronchitis. And it can act as a central nervous system stimulant.
- Flaxseed is one of the oldest cultivated plants known and has been used since 5000 B.C. to reduce pain and inflammation in the digestive tract. It is also frequently used in the treatment of amenorrhea and aids in reducing bloating associated with menses.
- Garlic is a natural antibiotic which detoxifies the body, protects it from infection, strengthens blood vessels and lowers blood pressure. It has also been found to be effective in treating digestive disorders, asthma, arthritis, insomnia, liver disease, sinusitis and several forms of cancer.
- Ginger has traditionally been used in the treatment of colitis, diverticulosis, gas, indigestion, nausea, morning sickness, paralysis of the tongue, menstrual cramps and hot flashes. It has an excellent reputation for cleansing the colon, stimulating circulation and diminishing cramps and spasms.

continued on pg 6

Herbal Medicine Producers vs. 'The Medical Mafia' *continued from page 5 ...*

- Kelp has proven extremely valuable as a hypertensive and cardiovascular cleanser. It has been shown to not only lower blood pressure but also guard against plaque buildup in the arterial system. It is also reputed to be beneficial to the sensory nerves, the membranes around the brain, brain tissue and the spinal cord.
- Mistletoe has traditionally been used to lower blood pressure and act as a relaxant. More recently it has also been found to be an excellent immune stimulant and anti-cancer herb. It has been used in the treatment of lung, ovarian and other cancerous tumors.
- Oats has traditionally been used as a stimulant to the whole body and has been considered a wonderful complete whole food with excellent restorative powers. In addition, oats has been used in treating nervous system disorders such as chronic depression and melancholia.
- Parsley contains a wide range of phytochemicals and has long been used as a diuretic for all types of edema. It is also an excellent astringent for the urinary tract and is being used as an anthelmintic (a substance which kills and expels worms). And in recent research, parsley has gained a reputation for its ability to kill and prevent certain types of cancer cells from reproducing.
- Pumpkin seeds have been used for hundreds of years as a diuretic, and as an anthelmintic to reduce an enlarged prostate. In addition, the flesh of the pumpkin is used in the treatment of digestive disorders, morning sickness and nausea.

Farley and Bollinger also give a glowing testimonial to what they note is probably the most controversial plant in North America: marijuana (or "cannabis sativa"). Despite all the propaganda and hysteria about marijuana, they say it is actually one of the safest and most useful of all medicinal plants.

"As a herbal remedy," they note, "cannabis has been used for more than 5,000 years to reduce muscle tensions and spasms, relieve pain and act as a cerebral sedative. It has been used traditionally for neuralgia, spasmodic cough, migraine headaches, glaucoma, nausea, loss of appetite and as an aid in childbirth."

And in more modern medicine, they point out, "cannabis has been found to be useful for relief of nausea and vomiting in cancer patients undergoing chemotherapy, and as an antispasmodic in treating the severe spastic episodes found in multiple-sclerosis and epilepsy. Also, for AIDS patients and those with anorexia, it may be used as an appetite stimulant."

One important point Farley and Bollinger stress throughout their book is that they are not "anti-doctor." On the contrary, they say they believe "the medical doctor is an essential and integral part of complete and comprehensive health care."

"Indeed," they say, "we have found most physicians really care about and truly want to assist their patients in recovering from illness or pain. But the problem is most medical schools provide practically no training in nutrition or any information about the effectiveness of herbal medicines."

Consequently, they note, most doctors tend to be easily brainwashed by the high-powered propaganda campaigns of Big Pharma. "When a doctor is asked about herbal medicine (by the rare patient who has the courage to ask), the most frequent response is, 'I'm not sure if that stuff is any good,' or something along those lines. Patients are often discouraged from using herbals and sometimes even from using vitamin and mineral supplements."

"That is why it is so important," they say, "for everyone to take the time to find a doctor who is open-minded and willing to learn and work with them. If your primary care giver is unwilling to work with you in this regard, then find another doctor."

Farley and Bollinger emphasize this book "is intended to help consumers of herbs, as well as physicians, learn to use medicinal herbs responsibly and knowledgeably," and they conclude with a quotation from the sixteenth century German-Swiss doctor Paracelsus that is just as relevant today as it was five centuries ago: "The physician's duty is to heal the sick, not to enrich the apothecary."

Gordon Pollard is a native of Victoria, has a MA in History from Columbia University in New York City and a BA in History and English from the University of Victoria. After working for 10 years as a journalist in B.C., Alberta, and Ontario, Gordon spent 20 years teaching English and History in Nigeria, Sierra Leone, Zimbabwe and Sri Lanka.



Odious Debts and Occupy's Abolish Debt Project *by Ceritanne*

While there are two different subjects addressed in this article ... the doctrine of odious debts (1) and the Biblical 50-year Jubilee of debt forgiveness (2)... they are interconnected as they pertain to the debts inflicted on citizens who have no control over the actions of unaccountable government, yet are expected to pay the price when brutal austerity measures are foisted on them.

In 1995 I briefly engaged myself as a citizen writer for Probe International and during that experience read Patricia Adams' book, Odious Debts - Loose Lending, Corruption, and the Third World's Environmental Legacy.

I highly recommend obtaining a copy and reading through it. You will instantly recognize the methodology utilized and foisted upon Third World countries as completely similar to what is currently happening in Europe and, I hazard to say, undoubtedly will happen in Canada.

Ms Adams addressed the Third World's debt crisis of hopelessly poor nations unable to pay the debts incurred in their name and of the human suffering and environmental consequences of their desperate predicament. Amid calls for the debts to be forgiven, came the contrasting harsh solutions from the World Bank, the International Monetary Fund, world-wide commercial bankers and greedy despotic political leaders.

Adams invoked the doctrine of odious debts ... that debts contracted by governing regimes are not binding on a nation.

Under international law, the theory of odious debt is a legal doctrine which holds that the national debt incurred by a governing regime, for purposes that do not serve the best interests of the nation, should not be enforceable. Such debts are considered to be personal debts of the regime that were incurred by them and not debts of the state.

Flash forward to 2012 and so-called first world nations are finding themselves in the same untenable predicament. The debts incurred are not an obligation for the nations currently involved but that of unaccountable political leaders turned despotic rulers.

Democracies stop working when a vast voting commons function, in Canada's case the first-past-the-post electoral system, results in tyranny of the majority, a process that ultimately discriminates against the disenfranchised poor and just about everyone and everything else.

Inevitable irresponsibility to the commons also results in environmentally damaging development projects. Projects that cannot proceed without government financing or guarantees for foreign loans ... and even foreign takeovers through non-transparent trade agreements ... which in turn

gives government a facade of economic viability. All of which are hidden from the people who pay for these unasked for projects and/or trade agreements and permit these projects to proceed at everyone's expense but the proponents.

Enter Odious Debts!

"This debt is not an obligation for the nation; it is a regime's debt, a personal debt of the power that has incurred it, consequently it falls with the fall of this power..."

"The creditors have committed a hostile act with regard to the people; they can't therefore expect that a nation freed from a despotic power assume the "odious" debts which are personal debts of that power."

There is nothing new under the sun. What is currently happening in European countries has happened previously to Third World nations. The greed-based systemic methods of repression work for the 1% at the top of the food chain and they will continue to utilize these methods as long as they work.

One method of recourse falls under due process of law, declaring debts odious. Not "bailing out" banks but seeking redress through seizing the booty of the financial elites/government who borrow and spend so recklessly in the name of their people.

"Declaring debts odious will force lax lenders to be accountable for their mistakes and assure they are never again repeated." - Patricia Adams

Think about it. For one example, amongst many, have the people of Canada requested that Harper throw our country into debt and servitude to China? No, we haven't. So, when the shoe drops, and it will, and we as a nation are told that stiff austerity measures will be taken, we will not backstop government, sacrifice our pocketbooks nor our environment for pet projects or to the exigencies of staying in power.

We will declare such foisting of their debt on us as odious.

Sources:

- (1) Odious Debts: en.wikipedia.org/wiki/Odious_debt
- (2) Jubilee Debt Coalition (Drop The Debt) is a coalition of national organizations and local groups around the UK, calling for the unpayable debts of the poorest countries to be cancelled - tinyurl.com/ca73sq7
- (3) Odious Debts, by Patricia Adams, is available online at <http://tinyurl.com/dx5dw8m>
- (4) Occupy Wall Street's "Rolling Jubilee" project - a bailout of the people, by the people, they're buying distressed debts and then writing them off - rollingjubilee.org



Observations from the Street - Addictions
by Ken Bath

Humans have an addictive nature. Their addictions come in many forms. Religion, Power, Money, Food, Sex, Cigarettes, Alcohol, Drugs, Gambling, Hoarding, and an obsession with the Internet are all forms of addictions.

Some forms of addictions are legal, some are not. Some drug addictions are legal, some are not. Prescription drugs obtained from doctors are in most cases legal. If you sell your prescription drugs to other people you are breaking the law. Who you receive prescription drugs from dictates whether they are legal or not. Street drugs such as heroin and cocaine are not.

Society decides which addictions are legal and which are not. Society decides which addictions are acceptable, and those that are not.

My three addictions are Cigarettes, Coffee, and Cheese Cake. To most people Addiction to Coffee and Cheese Cake would be acceptable, while Cigarettes may not.

Addictions to Religion, Power, Money, Food, and Gambling are forms of acceptable and legal addictions. Billions of dollars are spent yearly on them.

Industries and big business have been created not only on legal addictions; but illegal addictions as well. Pharmaceutical companies, Tobacco companies, Casinos, lotteries, and drug cartels make billions of dollars a year.

Rehab facilities have also become big money makers over the last twenty years. Many have repeat clients. Many addicts return to Rehab two or more times. Some get clean, some do not. Some die.

Though Addictions come in many forms, they all have common denominators. Addictions do not discriminate, they affect people from all walks of life. Education and money are not protection against addictions. They all have the potential to ruin the addict, and those closest to them. They also have the possibility to take lives.

Whether you die from an overdose from prescription drugs or street drugs, makes no difference in the end. Dead is Dead.

Next time you're complaining about the panhandlers and street people you ran into during your last trip downtown, take a look at your friends, family, your coworkers, and other respectable people. There is a chance that like most humans they also have one or more addictions.

Do you or your friends drink a little too much, do you or your friends abuse pharmaceutical drugs, do your binge drink on weekends, or maybe snort a few lines of Coke. Maybe you spend more money than you should at the Casino, or 6/49, or on Keno.

Take a good look at the people you know, the street people, and at yourself. Maybe the only difference is that some addictions are acceptable while others are not.

Ken Bath has been selling Street Newz at the corner of Yates & Douglas for over five years. He'd really appreciate if someone can help him upgrade his computer system.

Slick's Story

by cyann ray

He was born Dec 5, 2000 in a place off Kangaroo Road. I met him 9 weeks later in our front hall. He greeted me at the door with those big, brown eyes ... "Are you my new mom?" he seemed to ask.

That first year we taught him tons of nouns and verbs. We established a "mental" leash, controlling him with words. And for the next eleven plus years., Slick just listened and obeyed. No leash, just control.

For most of Slick's life he lived in a dog-friendly environment, surrounded by friendly people who liked dogs, friendly dog owners who believed in socializing their dogs and, of course, friendly dogs. Nobody cared that he was off-leash. I can't say enough good things about the Topaz Park dog community who welcomed us in 2003. Some of that core group remain today... Dakota, Brandy, Coty, Valentino, Monty, Chase, Czara, Toby, Jasmine and Pina...

Three years ago Slick and I were renovicted, and with help from family, we moved to James Bay.. It was tough leaving our Topaz routine ... hours each morning with a dozen off-leash friendly, social dogs and people. And again at night. I assumed we'd find another such community in our new 'hood. But that never happened.

Despite numerous greenspaces and miles of coastline, there is no off-leash area in James Bay. The nearest dog park is east of mile zero. Slick had been to that Dallas Rd dog park hundreds of times as a puppy and throughout the years whenever we felt like a beach outing and a swim. Now though, we were arthritic and it was too far for either of us to walk.

It was a sad transition to go from hours of social play with lots of dogs in a park, to solitary, concrete walks thru James Bay. We met lots of dog-friendly people, but meetings were by chance and fleeting in nature. Some mornings Amber, Tula, Hazel, Archie, Bobbi and/or Rosie joined us on the beach, but most of the time it was just Slick and I.

If we slept in past 8 (when the dog patrol come out), I had to get my bike, hook up my trailer and ride over to the dog park. Sometimes it was pouring. Sometimes I was aching. We still went. Slick needed his free-range outings.

This past year I've been contacting the mayor and city council regarding amendments to the existing by-laws. Since a leash in no way guarantees control, and it is control that matters, I've been suggesting the law should state: "dogs must be under effective control at all times." I also feel there should be an off-leash area in each neighbourhood. You shouldn't need a car to "walk" your dog!

Dogs are social, pack animals that need to run free and be with other dogs in order to reach their intellectual and physical potential. All mandatory leash laws do is give the illusion of control while allowing owners to forego training their dog to listen/obey. Leash or no leash ... your dog should always listen/obey.

On November 4th, 2012 Slick had his last visit to Dallas. He ran from mile zero towards Clover Point as he'd done hundreds of times before, while I biked alongside him on the road. (Watch "Slick's morning run" on YouTube). We walked back as it is a \$100 fine for me to use my bike at the park. It's also \$100 fine for exercising your dog with a bike! Despite his perfect behaviour, Slick was a regular by-law offender. Good dog. Bad rules.

The following Sunday, Slick passed over to the other side. He was peaceful and surrounded by loved ones. No more skulking around like a criminal for being off-leash. No more lonely walks. He is now in a field full of friendly off-leash dogs. I must believe that.

If you agree that all dogs deserve the opportunity to be fully trained and socialized, something that requires regular off-leash time, and that dog owners shouldn't have to rely on a car to walk their dog, then write city hall a message to that effect (Ben Isitt seemed to be the most supportive council member - councillors@victoria.ca). Sadly, the current for-profit, private dog enforcement team does not have the best interest of dogs at its core.

And finally, to all of you who stopped and patted Slick over the years, who complimented his good nature, who were impressed by his obedience and who never minded that he was off-leash...a heartfelt THANK YOU!



An Update from David Arthur Johnston

David Arthur Johnston's journal account of the campaign to determine THE RIGHT TO SLEEP in Victoria, BC, Canada.

Breaking the Crown's demonically native monopoly on dreams and... with grand intention - opening the door to the reality of Heaven-on-Earth.

updated Book online

Alright. Got a confirmed sentencing date of THURSDAY, DECEMBER 13TH, 2012 at 2:00 PM at the Victoria Law Courts. It'll be a doozy.

In the meantime, I'll work on a miracle. Anyone know any Constitutional lawyers who're up for the biggest case of their lives?

There has also been progress as far as other municipalities challenging anti-sleeping Bylaws - www.theprovince.com/story.html?id=7597501. My response to the article and its facebook shares- The things needed knowing -

The 2009 Appeals Court ruling altered the 2008 ruling by adding the words 'at night' to the disposition that said it was not Constitutional to prohibit homeless people from erecting temporary abodes within a municipality. Leaving the right to do so during the day yet to be successfully challenged. The judges at the failed challenging of the daytime restriction said there was not enough evidence to determine whether or not people needed to have the option of sleeping during the day.

This outcome is a direct and corrupt action to avoid the inception of 'municipal public tenting zones' (AKA tent-cities). I imagine this fellow will win his case with the outcome being the same- a win that isn't a win. And people will applaud it not realizing that not being allowed to sleep at all is more honest than only being allowed to sleep during the night.

I contacted Pivot Legal Society (www.pivotlegal.org) with this- "I would like to presume that you've been in contact with Cathie Boise-Parker. I'm hoping there has been conjecture on the 'heading off at the pass' of the likely attempt to restrict sleeping rights during the day. I'm very available for consultation... I'm also likely about to starve to death in prison and am open to accepting 'representation' in the direct challenging of the 'daytime tenting restriction' here.

My case, although passed the general appealing deadline, is ready to proceed onto the SCC."

I've yet to hear from them.

The 'Right to Sleep' Data Hub (or The Process of How It Is Legal to Have a Tent, at Night, in a park in the City of Victoria, BC, Canada)- <http://goo.gl/maps/5P9ZU>.

I'm That Guy

I'm the guy sitting in the doorway saying "I hope you have a good day!" And you thinking I was gonna ask for spare change.

I know what you're thinking because I used to be you, Mr. Money-Man. All day chasing a buck, looking down on those who are down on their luck.

But, now I see how we're all the same And how the money game is cold, empty and lame.

Lose a few close friends and you might also see What all my doorways have shown me.

Terry Cound

Some Food Resources

9-10 CLUB standrewscathedral.com 250-884-4459
740 View St. V8W 1J8, Family friendly breakfast Mon-Fri, 8-10 am.

ANAWIM COMPANION SOCIETY www.anawimhouse.com 250-382-0283
973 Caledonia Street V8T 1E7, 19+, laundry, showers, meals, clothing, limited housing spaces. Arrive by 11 am for lunch M-F; 2 pm for dinner Weds & Fris.

BURNSIDE GORGE COMMUNITY CENTRE www.burnsidegorge.ca 250.388.5251
471 Cecelia Rd. V8T 4T4, Dinner Thurs 5 pm

BEACON BUS
Blanshard Community Centre, 910 Kings Rd. Family friendly Friday dinner @ 5 pm

BLANSHARD COMMUNITY CENTRE www.blanshardcc.com 250-388-7696
901 Kings Rd. V8T 1W5, Family friendly Thursday lunch at noon (\$3 adult, \$1 child)

CARTS www.cartsvictoria.ca Starts @ Queens Manor, to Centennial Square, ends at Salvation Army. Sundays 4:30-6:30, snacks & hot choc.

FIRST MET CHURCH firstmetvictoria.com (250) 388.5188
932 Balmoral, V8T 1A8, Friday before cheque issue dinner @ 5:00 (not in July, Aug, Dec)

FOOD NOT BOMBS A collectively run food kitchen 250-383-5144, ext 1940
Harris Green (Pandora & Vancouver) Family friendly vegetarian Sundays, 3:30ish

JAMES BAY COMMUNITY SCHOOL CENTRE jamesbaycentre.ca 250-389-1470
140 Oswego St, V8V 2B1 Seniors dinners Tues & Thurs @ 5 pm, Family Friendly Community Dinners Weds, approx. every other month. Purchase Tics in advance.

MIRACLE KITCHEN at Living Edge 950 Kings Rd Dinner @ 4:30 Sundays

MUSTARD SEED STREET CHURCH www.mustardseed.ca 250-953-1575 625 Queens Ave V8T 1L9, Lunch Sat & Sun 11 am; Dinner Fri & Sat @ 7 pm, Family friendly dinner 3rd Sunday, registration required call 250-360-1148.

OUR PLACE ourplacesociety.com 250-388-7112
919 Pandora Ave V8V 3P4. 19+ drop in centre w/computer room, special projects. Open Mon to Fri 7 AM - 5 PM. Breakfast 7-8 AM; Lunch 11:30-12:30; Dinner 4-5 PM

PEERS www.peers.bc.ca 250-388-5325
1-744 Fairview Rd Esquimalt. Past/present sex workers only. Lunch 12-1 pm M-F

RAINBOW KITCHEN www.rainbowkitchen.ca 250-384-2069
500 Admirals Rd. Esquimalt, V9A 2N4. Lunch M-F @12-1 pm. Families welcome

ROCK BAY LANDING www.coolaid.org 250-383-1951 535 Ellice St.
Tics @ 3:30, Dinner @ 4:00 pm Saturdays & Sundays, 50 meals for non-residents

SALVATION ARMY www.salvationarmycfs.com/index.php/general/34-saarc
525 Johnson St. V8W 1M2 250-384-3396 Family friendly, \$2 Breakfast 8-9 am M-F; \$3 Lunch 11:45-12:30 M-F, Sun; \$4 Dinner 5-5:45 M-F.

SAANICH NEIGHBOURHOOD PLACE www.saanichneighbourhoodplace.com 250-360-1148
3100 Tillicum Rd. V9A 6T2 4th Weds, family friendly dinner @ 6 pm, registration req'd

SAINT PETER'S CHURCH 3939 St. Peter Road. 11 am lunch third Saturday each mth.

SANCTUARY YOUTH CENTRE www.sanctuaryyouth.org 250-385-625-5767
Humboldt V8W 3G6, 19 and under dinner Fridays @ 4 pm

SANDY MERRIMAN HOUSE www.coolaid.org (250) 480-1408
809 Burdett Ave, V8W1B3, Women only lunch Mon-Sun 11:30 am until food runs out

TAILGATE GRILL
Wharf St. Whale Wall, Family friendly burgers 2nd & 4th Sundays @ 3 pm

VICTORIA YOUTH EMPOWERMENT SOCIETY www.vyes.ca (250) 383-3514
533 Yates St, Youth (13-19) only, M-Th, Dinner 5 pm; Snack 8 pm

Family Friendly Breakfast Club

First Saturday: St. Andrew's Presbyterian Kirk Hall, 680 Courtney St, 8:00-9:00 am

Second Saturday: St. Andrew's Presbyterian Kirk Hall, 680 Courtney St, 8:15-9:15 am

Third Saturday: Glad Tidings Pentecostal Church Hall, 1800 Quadra St. 8:30-9:30 am

Fourth Saturday: Central Baptist Church, 833 Pandora, 8:30-9:30 am

Fifth Saturday: BC Ferry Workers' Union at St. Andrew's Kirk Hall, 8:15 - 9:15 am

Sidney Soup Social Community Lunch

Family friendly, 11:30-1:00 pm; free or by donation, everyone welcome

Tuesday: St. Elizabeth's Church - 10030 Third St.
Wednesday: St. Andrew's Church - 9691 Fourth St.
Thursday: St. Elizabeth's Church - 10030 Third St.
Saturday: Peace Lutheran - 2295 Weiler Ave.



Salt Spring Community Brunch

268 Fulford-Ganges Rd. Brunch Tuesdays 9:30-noon

Meals in Sooke

Mon & Wed: Breakfast 7:30-9 am,
Sooke Baptist Church - 7110 West Coast Rd.

Fridays: Lunch 11:30-1 pm,
Holy Trinity Anglican Church - 1952 Murray Rd.

Mon, Tues, Thurs: Low-cost lunch for seniors 11 am
Sooke Seniors (55+) Drop-in Centre 6689 Sooke Rd.

This list is maintained at victoriahomelessness.ca

Housing Resources

No Cost for Service, Time Limited Stay

Salvation Army (Emerg men only) 525 Johnson Street, 250-384-3396
Rock Bay Landing (formerly Street Link) 535 Ellice St. Phone: 250-383-1951
Sandy Merriman House (for women) 809 Burdett Avenue, 250-480-1408
Sobering & Assessment Ctr (24 hr) 1125 Pembroke (@ Cook) 250-213-4444
Out of the Rain (Youth 15-25) 250-812-0490 winter only, various locations
Kiwanis Youth Shelter (13-18) 2117 Vancouver St., 250-386-8282
Hill House - Women with children 250-479-3963
Sooke Transition House 250-642-2591 Women with or without children
Vic. Women's Transition House 250-385-6611 Women with or w/out kids
Cridge Centre for the Family 1190 Kings Rd 250-384-8058 Women & kids
Kiwanis House for single women 16-29 w/ one child 250-382-1004
Margaret Laurence House 250-995-0058 Women & kids escaping abuse

A full listing of shelter spaces is available at victoriahomelessness.ca

Low Cost Monthly Rentals

Ritz Hotel - 710 Fort Street, 250-381-1868
Fairfield Hotel - 710 Cormorant St., 250-386-1621
York Hotel - 711 Johnson Street, 250-385-2544
Douglas Hotel - 1450 Douglas Street, 250-383-4157
Ocean Island Backpackers - 791 Pandora Avenue 250-385-1788
Turtle Refuge Backpackers - 1608 Quadra Street 250-386-4471
Vic. Human Exchange Soc. 361-2762, 1-800-691-9366, www.humanx.org
Extreme Outreach - men only, \$350 + dep. No alcohol or drugs. 250-708-2064

Subsidized and/or Supported Housing Services

BC Housing (subsidized - low income families, 55+, or w/disabilities)
301-3440 Douglas Street, 250-475-7550 www.bchousing.org
Burnside Gorge Community Assoc. 250-388-5251 members.shaw.ca/bgca
Capital Region Housing (subsidized, low income families, 55+, disabilities)
623 Fisgard, 250-388-6422 www.crd.bc.ca/housing
Capital Mental Health Association Satellite Housing Program 250-389-1211
Coordinated Housing Registry (subsidized & supported housing)
www.coolaid.org 826 Cormorant St. 250-356-2548
M'Akola Housing Society 250-384-1423
Pacifica Housing Advisory Assoc. (families) 827 Fisgard 250-385-2131
Pacifica Housing Serv/Downtown Outreach Serv (connects low-income folk w/ housing in private sector) 826 Cormorant 250-356-2555
Pandora Youth Apts 753 Pandora, For 15-19 yrs, Andrea - 250-380-2663
St. Vincent de Paul Soc. 250-382-2767
Victoria Senior Citizen Housing Society - Register w/BC Housing Mgmt Commission:
301-3440 Douglas 250.475.7550

Helpful Housing Hints

1. Add your name to the BC Housing list and the Coordinated Housing Registry.
2. Get the addresses & phone numbers of subsidized or supported housing units from the Cool Aid Society, the BGCA, M'Akola, etc. If you find one you like, make friends, impress them, ask them to pull your name off the list. They can let you in, but you have to be listed with BC Housing first.

For more housing information visit victoriahomelessness.ca
Extreme Weather Shelter status updates at www.vewp.net

Some places to call for help

Action Committee of People with Disabilities - 948 View St., 250-383-4105
Adult Addiction Comm. Treatment Serv: 2nd floor, 1250 Quadra, 250-727-3544
AIDS Van Island: 713 Johnson St, 3rd Flr, 250-384-2366 ext 2268; AVI Nx 250-896-2849
BC Utilities Commission (if gas or electricity's shut off where kids live) - 1-800-663-1385
Coalition Against Poverty - vcapvictoria.wordpress.com
Committee to End Homelessness - committeeendhomelessnessvictoria.wordpress.com, 250 480 4854 or alisonacker@shaw.ca
Cool-Aid Medical Clinic: 250-385-1466 Cool-Aid Phone Service (\$5/mth plus HST): 250-383-1977
Credit Counselling - 250-477-9998 HomelessNation.org - online community
Foundation of Support-Recovery for Men: foundationhousevictoria.blogspot.ca, 250-480-1342
Grief/Bereavement Counsel: Lorraine Jasmin, R.P.C., 1198 Goldstream, sliding scale
Lalli Care Clinic - Drug Info, Med. Review, Alt Health - 250-386-5100, lallicareclinic.ca
Lifering Secular Recovery - (250) 382-1004, www.liferingcanada.org or www.lifering.org (usa)
Men's Trauma Centre: 250-381-6367, #203-1420 Quadra St. www.menstrama.ca
Outreach Services Methadone Clinic: 2004 Fernwood Rd., 250-480-1232
Prostitute Empowerment & Education (PEERS): 744 Fairview Rd., 250-388-5325
Problem Gambling Help Line - 1-888-795-6111
Research, Education, Evaluation, & Support Prog. (REES): 250-595-8619
Salvation Army Addictions & Rehab Centre: 525 Johnson, 250-384-3396
Seniors' Advocacy Group - 388-7696 for advice; 250-360-1068 to be an advocate
Society of Living Intravenous Drugusers (SOLID): 7-9 pm Weds, 1947 Cook
Harm Reduction - harmreductionvictoria.ca, harmlessvictoria.blogspot.com (students)
Together Against Poverty Society (TAPS): #302-895 Fort St. 361-3521
Victoria Native Friendship Centre: 384-3211 -- 231 Regina Ave V8Z 1J6
Victoria Sobering & Assessment Centre: 1125 Pembroke, 250-213-4444
Vancouver Island Addiction Recovery Soc.: 536 Cecelia, 250-480-1342
Youth-to-Youth Support Line - 24 hours. 250-386-TALK, www.youthlines.ca
Vancouver Island Crisis Line: 1-888-494-3888 (all ages); www.youthspace.ca

The amazing and awesome Street Newz Vendor Team



Bernie
Beacon Hill



Craig
London Drugs



Doug
Fort St.



Evelyn
Cook St. Village



Ken
Douglas @ Yates



For information about joining this team contact **John** at 250-886-5863 or visit his "office" near Fort on Douglas St.



Lillian
Library



Richard
Douglas near Fort



Rose
Gov't St.



Shirley
James Bay Thrifty's



Trish
Esquimalt

Thank you for supporting independent media. May money from the sale of this newspaper be used for peace, and pass through healing hands.



	Oct	Nov	Dec
Street Newz Revenue			
Paper Sales (from previous mth)	532.00	335.50	315.00
Donations	85.00	95.50	60.00
Gifts (incl in-kind)	40.00	40.00	40.00
Co-ordinator's Contribution	-76.75	409.23	102.54
Subscriptions	35.00	130.00	0.00
Bread & Roses Donation to SNZ	800.00	800.00	800.00
Total Street Newz Revenue	1415.25	1810.23	1317.54
Street Newz Expenses			
Salaries	800.00	800.00	800.00
Paper & Printing Costs	234.08	234.08	234.08
Office expenses/website	90.00	243.20	50.00
Vendor/Writer Meetings/Support	95.75	213.73	86.00
Unpaid Vendor Debt	0.00	20.00	20.00
Postage	85.42	83.72	77.46
Ttl Street Newz Expenses	1305.25	1594.73	1267.54
Street Newz	110.00	215.50	50.00
Bread & Roses Revenue			
Grants	0.00	0.00	0.00
Total Bread & Roses Revenue	0.00	0.00	0.00
Bread & Roses Expenses			
Street Newz Donation	800.00	800.00	800.00
Ttl Bread & Roses Expenses	800.00	800.00	800.00
Bread & Roses	-800.00	-800.00	-800.00
Consolidated Ttl (SNZ + B&R)	-690.00	-584.50	-750.00
Bread & Roses Bank Balance	3370.20	2785.52	2570.00

Subscriptions and Support !!

Subscription Rates (12 issues/year):

Electronic	Regular	Low Income	USA	Int'l
\$20	\$35	\$20	\$40	\$50

Donations keep us Independent:

\$10	\$25	\$50	\$75	\$100	\$200	other
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Name:

Address:

City:

Province/State: Postal/Zip:

Phone/email:

Please return to:
Victoria Street Newz
1027 Pandora Ave, Vic BC,
Coast Salish Territories, V8V 3P6

or donate safely online - relativewnz.ca

Thanks for your support!